

ELEMENTARY SCHOOL FOOD ALLERGENS - 2026 - '27

| Food Item:                           | Wheat  | Dairy  | Egg  | Soy  | Sesame  | Fish  | Protein  | misc:  | Carb Count: |
|--------------------------------------|-----------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|--------|-------------|
| Bagel Kit                            | <input checked="" type="checkbox"/>                                                     | <input checked="" type="checkbox"/>                                                     |                                                                                         | <input checked="" type="checkbox"/>                                                     | <input checked="" type="checkbox"/>                                                        |                                                                                          |                                                                                             |        | 60.97g      |
| BBQ Cheese Burger                    | <input checked="" type="checkbox"/>                                                     | <input checked="" type="checkbox"/>                                                     |                                                                                         | <input checked="" type="checkbox"/>                                                     | <input checked="" type="checkbox"/>                                                        |                                                                                          | beef                                                                                        | tomato | 37.59g      |
| BBQ Chicken w/ Rice Pilaf            |                                                                                         | <input checked="" type="checkbox"/>                                                     |                                                                                         | <input checked="" type="checkbox"/>                                                     |                                                                                            |                                                                                          | chicken                                                                                     | tomato | 69.29g      |
| BBQ Chicken Pasta                    | <input checked="" type="checkbox"/>                                                     | <input checked="" type="checkbox"/>                                                     |                                                                                         |                                                                                         |                                                                                            |                                                                                          | chicken                                                                                     | tomato | 31.0g       |
| Beef Broccoli Bowl                   | <input checked="" type="checkbox"/>                                                     |                                                                                         |                                                                                         | <input checked="" type="checkbox"/>                                                     | <input checked="" type="checkbox"/>                                                        |                                                                                          | beef                                                                                        |        | 65.74g      |
| Beef Hot Dog                         | <input checked="" type="checkbox"/>                                                     |                                                                                         |                                                                                         | <input checked="" type="checkbox"/>                                                     | <input checked="" type="checkbox"/>                                                        |                                                                                          | beef                                                                                        |        | 31.0g       |
| Bean & Cheese Burrito                | <input checked="" type="checkbox"/>                                                     | <input checked="" type="checkbox"/>                                                     |                                                                                         | <input checked="" type="checkbox"/>                                                     |                                                                                            |                                                                                          |                                                                                             |        | 53.82g      |
| Berry Yogurt Parfait                 | <input checked="" type="checkbox"/>                                                     | <input checked="" type="checkbox"/>                                                     | <input checked="" type="checkbox"/>                                                     | <input checked="" type="checkbox"/>                                                     |                                                                                            |                                                                                          |                                                                                             |        | 84.54g      |
| Black Bean & Veggie Burrito          | <input checked="" type="checkbox"/>                                                     | <input checked="" type="checkbox"/>                                                     | <input checked="" type="checkbox"/>                                                     |                                                                                         |                                                                                            |                                                                                          |                                                                                             | tomato | 67.0g       |
| Breaded Chicken Sandwich             | <input checked="" type="checkbox"/>                                                     | <input checked="" type="checkbox"/>                                                     |                                                                                         | <input checked="" type="checkbox"/>                                                     | <input checked="" type="checkbox"/>                                                        |                                                                                          | chicken                                                                                     |        | 46.0g       |
| Broccoli Cheddar Potato Bowl w/ Roll | <input checked="" type="checkbox"/>                                                     | <input checked="" type="checkbox"/>                                                     | <input checked="" type="checkbox"/>                                                     | <input checked="" type="checkbox"/>                                                     | <input checked="" type="checkbox"/>                                                        |                                                                                          |                                                                                             |        | 57.03g      |
| Buffalo Chicken Hoagie               | <input checked="" type="checkbox"/>                                                     | <input checked="" type="checkbox"/>                                                     |                                                                                         | <input checked="" type="checkbox"/>                                                     |                                                                                            |                                                                                          | chicken                                                                                     |        | 40.14g      |
| Cheese Burger                        | <input checked="" type="checkbox"/>                                                     | <input checked="" type="checkbox"/>                                                     |                                                                                         | <input checked="" type="checkbox"/>                                                     | <input checked="" type="checkbox"/>                                                        |                                                                                          | beef                                                                                        |        | 30.71g      |
| Cheese Pizza                         | <input checked="" type="checkbox"/>                                                     | <input checked="" type="checkbox"/>                                                     |                                                                                         | <input checked="" type="checkbox"/>                                                     |                                                                                            |                                                                                          |                                                                                             | tomato | 34.0g       |
| Cheesy Rippers w/ Marinara Sauce     | <input checked="" type="checkbox"/>                                                     | <input checked="" type="checkbox"/>                                                     |                                                                                         | <input checked="" type="checkbox"/>                                                     |                                                                                            |                                                                                          |                                                                                             | tomato | 44.88g      |

|                                               |                  |                  |                |                |                   |             |                |              |                    |
|-----------------------------------------------|------------------|------------------|----------------|----------------|-------------------|-------------|----------------|--------------|--------------------|
| Cheesy Veggie Pasta                           |                  |                  |                |                |                   |             |                | tomato       |                    |
| Cheese Wrapadilla                             |                  |                  |                |                |                   |             |                |              | 35.78g             |
| <b>Food Item:</b>                             | <b>Wheat</b><br> | <b>Dairy</b><br> | <b>Egg</b><br> | <b>Soy</b><br> | <b>Sesame</b><br> | <b>Fish</b> | <b>Protein</b> | <b>misc:</b> | <b>Carb Count:</b> |
| Chicken Burrito                               |                  |                  |                |                |                   |             | chicken        | tomato       |                    |
| Chicken Calzone                               |                  |                  |                |                |                   |             | pork, chicken  | tomato       | 35.44g             |
| Chicken Chow Mein                             |                  |                  |                |                |                   |             | chicken        |              | 48.96g             |
| Chicken Fajita Bowl                           |                  |                  |                |                |                   |             | chicken        | tomato       | 63.13g             |
| Chicken Fajita Wrap                           |                  |                  |                |                |                   |             | chicken        | tomato       |                    |
| Chicken Fried Rice                            |                  |                  |                |                |                   |             | chicken        |              | 56.87g             |
| Chicken Kapama w/ Olive Oil & Parmesan Pasta  |                  |                  |                |                |                   |             | chicken        | tomato       | 57.01g             |
| Chicken Nuggets w/ Olive Oil & Parmesan Pasta |                  |                  |                |                |                   |             | chicken        |              | 53.63g             |
| Chicken Nuggets w/ Rice Pilaf                 |                  |                  |                |                |                   |             | chicken        |              | 41.16g             |
| Chicken Pesto Wrap                            |                  |                  |                |                |                   |             | chicken        |              | 40.58g             |
| Cobb Salad                                    |                  |                  |                |                |                   |             | turkey         | tomato       |                    |
| Curry Fried Rice                              |                  |                  |                |                |                   |             |                |              | 56.87g             |
| Egg Salad Sandwich                            |                  |                  |                |                |                   |             |                |              | 58.62g             |
| Five Layer Dip                                |                  |                  |                |                |                   |             |                |              |                    |

|                                       |                  |                  |                |                |                   |             |                    |              |                    |
|---------------------------------------|------------------|------------------|----------------|----------------|-------------------|-------------|--------------------|--------------|--------------------|
| General Tso's Chicken Bowl            |                  |                  |                |                |                   |             | chicken            |              | 87.32g             |
| Greek Chicken w/ Rice Pilaf           |                  |                  |                |                |                   |             |                    |              | 77.97g             |
| Hamburger                             |                  |                  |                |                |                   |             | beef               |              | 30.33g             |
| Italian Deli Grinder                  |                  |                  |                |                |                   |             | chicken            | tomato       | 46.33g             |
| Mac & Cheese                          |                  |                  |                |                |                   |             |                    |              | 50.4g              |
| Maui Burger                           |                  |                  |                |                |                   |             | beef               |              | 54.42g             |
| <b>Food Item:</b>                     | <b>Wheat</b><br> | <b>Dairy</b><br> | <b>Egg</b><br> | <b>Soy</b><br> | <b>Sesame</b><br> | <b>Fish</b> | <b>Protein</b>     | <b>misc:</b> | <b>Carb Count:</b> |
| Minestrone Soup & Roll                |                  |                  |                |                |                   |             |                    | tomato       | 71.36g             |
| Melted Cheese Sandwich                |                  |                  |                |                |                   |             |                    |              | 33.0g              |
| Mr. Mike's BBQ Chicken Sandwich       |                  |                  |                |                |                   |             | chicken            | tomato       | 53.95g             |
| Pasta w/ Marinara & Mozzarella Cheese |                  |                  |                |                |                   |             |                    | tomato       | 54.29g             |
| Pasta w/ Olive Oil & Parmesan         |                  |                  |                |                |                   |             |                    |              | 39.18g             |
| Pasta Primavera                       |                  |                  |                |                |                   |             |                    |              | 44.05g             |
| Pasta X Plosion!                      |                  |                  |                |                |                   |             |                    | tomato       | 40.38g             |
| Penne w/ Beef Meatsauce               |                  |                  |                |                |                   |             | beef               | tomato       | 50.04g             |
| Pepperoni Pizza                       |                  |                  |                |                |                   |             | pork, beef, turkey | tomato       | 33.0g              |
| SBJ Sammie                            |                  |                  |                |                |                   |             | pork               |              | 74.7g              |

|                                    |                  |                  |                |                |                   |             |                |              |                    |
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| Sesame Orange Chicken              |                  |                  |                |                |                   |             | chicken        |              | 82.51g             |
| Sloppy Joe                         |                  |                  |                |                |                   |             | beef           | tomato       | 51.36g             |
| Sweet & Sour Chicken               |                  |                  |                |                |                   |             | chicken        |              | 75.05g             |
| Teriyaki Chicken w/ Rice & Veggies |                  |                  |                |                |                   |             | chicken        |              | 72.96g             |
| Teriyaki Chicken Sushi Bowl        |                  |                  |                |                |                   |             | chicken        |              | 81.57g             |
| <b>Food Item:</b>                  | <b>Wheat</b><br> | <b>Dairy</b><br> | <b>Egg</b><br> | <b>Soy</b><br> | <b>Sesame</b><br> | <b>Fish</b> | <b>Protein</b> | <b>misc:</b> | <b>Carb Count:</b> |
| Turkey & Cheese on Dutch Crunch    |                  |                  |                |                |                   |             | turkey         |              | 40.7g              |
| Turkey & Cheese Hoagie             |                  |                  |                |                |                   |             | turkey         |              | 40.7g              |
| Veggie Burger                      |                  |                  |                |                |                   |             |                |              | 37.0g              |
| Veggie Chow Mein                   |                  |                  |                |                |                   |             |                |              | 59.38g             |
| Yogurt Berry Parfait w/ Muffin     |                  |                  |                |                |                   |             |                |              | 84.59g             |